

WOMAN'S DEPARTMENT

Original Articles by Women for Women.

ABOUT FOOD VALUE

How to Buy Nourishment Is Told by an Expert.

COMPARISON OF NUTRIENTS.

The High Cost of Living May Be Reduced by Simple Arithmetic and a Knowledge of What the Different Foods Contain Both of Nourishment and of Waste.

"How much is it a pound?" inquires the housekeeper, whether she purchases meat, flour, cheese or coffee. On the pound value she bases the cost of her housekeeping and the cost of the meals and living of her family. One would think to hear her that, if meat costs 28 cents a pound or cheese 22 cents or coffee 35 cents, just in so many cents does she get an equivalent in nourishment. But this is totally wrong. The price per pound in nowise represents the price of nourishment to the body.

The housekeeper who is really trying to solve the high cost of everything will first study nutritive values. She can do this by the aid of government bulletins and several small volumes which she can buy. She must know how much nutrition she gets out of her meat, her sugar, her cheese, her coffee, before she knows the actual cost of feeding her family. In other words, she must learn to buy not by the pound, but by the food value.

Let us compare porterhouse, the rump and the flank. From actual figures we see that the food values of these pieces are not the same; neither do they contain the same amount of waste:

	Refuse.	Water.	Protein.	Fat.
Porterhouse	12.7	52.4	19.1	17.9
Rump	29.7	45.0	12.6	24.0
Flank	19.2	54.0	17.0	19.0

The main nutrient which we buy food for, protein, is greatest in the porterhouse. But it is nearly equaled by the flank, and when we compare the refuse of the two we see that there is less refuse in the flank and more fat. But comparing the rump, which is a much cheaper piece, we see it has quite as much refuse and a third less protein value. Now, many a housekeeper with a sense of economy would purchase the rump because it sells for 6 cents or 8 cents a pound less than the porterhouse; or, again, she might purchase the porterhouse, which sells for sometimes 10 cents more than the flank. But the really true economy would be to purchase that meat which sells not for the lower price, but which has the most nutrient "on the dollar," we might say, and this would certainly be the flank. In other words, given a dollar or any number of dollars, on what can it be spent to get best value?

Every food has a certain per cent of waste, and this per cent of waste must be known in order to do really economical buying. It frequently happens that the higher priced foods without waste are less expensive than the cheap food where there are bones, gristle, skin, parings, peel, etc., paid for. Marketing along this new line is being carried on in some of our high schools, where

girls are given a definite sum for weekly expenditures and are asked to figure how best to nourish some imaginary family for that amount. How many older housekeepers are following this new and scientific marketing? Perhaps the new arithmetic will have such examples as these: If one pound of cheese costs 22 cents and yields a 25 per cent protein value and one pound of rib roast costs 30 cents and yields only 13 per cent of protein, how many pounds of the most protein value can you buy for a dollar? Arithmetic based on actual practical problems might do more to interest girls and to bring up a new race of scientific housekeepers.

Happy Days of Ice and Snow.



Photos by American Press Association.
RESTING AFTER A SPIN.

Old Mrs. Northwind and sprightly Jack Frost are friends of little folks. If it were not for the activities of these two worthies there would be little joy in the land for the devotees of coasting and skating. Many people complain and rail against the ice and snow, but boys and girls are loud in their praises. The little lady in the picture was snapped while resting after a strenuous hour on her gleaming skates. Like her playmates, she revels in such sports.

NECK FIXINGS.

Gay Colors and Collarless Effects the Thing.

Just when it seemed that the white collar had become an obsolete feature of dresses it shows evidence of reviving, and it may be said that the broad collar of satin or of lingerie fabrics will be one of the principal attractions of incoming fashions.

As things are at the present moment many women look as if they had dressed in a hurry and omitted the important item of neckwear. The French designer who brought out the collarless frock had in mind the eternally young and piquant type of girl. As this type is limited, despite all efforts to the contrary, it follows that only the favored few look well dressed in the gown sans collar.

There is something rather commendable in the dress that exploits a neck finish of a gay color. It is in keeping with the trend of fashion that emphasizes everything connected with sport wear, whether the garment in question has anything to do with athletic life or otherwise.

Some of the color combinations are decidedly startling. One finds green associated with purple, and yellow with old rose, and turquoise with pink. Usually the collar is of satin, and this in itself supplies a decorative note when the dress is of wool jersey, serge or similar fabric.

Frequently it happens that the color of the collar is repeated in the facing of the sash. A recent model shows a collar whose front lines are extended to give a four-in-hand effect. The front of the bodice shows two slashes, and through these the ends of the cravat are passed.

EVENING SCARF.

What the Debutante Craves When She Discards Furs.



BELLE OF THE BALL.

Soon as warm nights arrive this fetching substitute for velvets and furs will delight dancing maidens. A long chiffon scarf with deep borders of metal cloth is the idea, and in this case the color is old gold hemstitched on to a maize chiffon. Any becoming colors may be had.

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